

SAVE THE DATE!

School Fitness Summit

Improving Policies for Student
Wellness in San Diego County

Thursday, March 2, 2006
8:30 am – 3:00 pm
Town and Country Resort, Mission Valley

School and District Policy Makers, including School Board Members, Superintendents and Principals, are invited to attend the **2006 School Fitness Summit**. District leaders are also encouraged to invite their Health, Wellness and Physical Education Professionals, Teachers, After School Program Directors, and Parent and Student Leaders to attend. **It is important for each school district in San Diego County to be represented!**

The School Food Summit, held in March 2005, was the first of its kind to bring together school leaders, healthcare professionals and community organizations to address the nutrition aspect of the childhood obesity crisis. **This 2006 School Fitness Summit will take the next step and assist districts with developing strategies, policies and action plans to implement and maintain opportunities for physical activity during and around the school day.**

Invited speakers include:

- California's First Lady Maria Shriver
- State Senator Tom Torlakson, California Task Force on Youth and Workplace Wellness
- Dr. Rudy Castruita, San Diego County Superintendent of Schools
- Dr. Christine Wood, Pediatrician and Author
- ...and many more!

This conference is FREE, but pre-registration will be required.

Watch for registration materials in January 2006 or visit www.ccwsd.net



This event is brought to you by the Coalition on Children and Weight San Diego, the County of San Diego Health and Human Services Agency's HealthLink Program and County Supervisor Ron Roberts.

